

Pick up the box with **YOUR NAME ON THE LABEL.**

Sign out your box on the list on the clipboard.

HOMESTEADER FOLKS look also for a red bag with your name on the label.

STORE ORDERS: if you ordered something it will also come in a red bag or a box with your name on the label

MEAT: YES, it is a meat week! **STORE ORDERS** will be in the cooler with your name on the package.



LATE PICK UP? Call your host. All boxes etc will be donated after 24 hours to avoid waste so **PLEASE** pick up, or call the host to see if you can work something out. This especially applies to meat. Its yours as soon as it leaves the farm and its so sad if it wastes.

QUESTIONS? PROBLEMS? CONFUSION? email garden@community-homestead.org or call me, Christine, 715 220 5925

Remember to be nice to your site hosts. These guys are great and make this whole system possible. They appreciate you folding your returned box neatly and shutting the porch door! Picking up on time is also much appreciated!

Return and recycle: all jars, and rings (but not the flat lids)

Red Bags-please returns on time so we have something to pack into the next week!



Boxes: this is one of our highest non food costs. You can help us keep our prices down by bringing back boxes, carefully unfolded so the flaps don't break!

Community Homestead

July 10, 2024

CSA Box 6 (of 20)

Farm News:

This box takes us one big exciting step into summer. As you notice, Spring starts off with a lot of leafy things but then we start getting more variety, color and flavor. We are so looking forward to some hotter and dryer weather which will entice all these vegetables to burst into activity-we will need to remember this when we are in the sauna of harvesting next week!

New on the farm this week are little goats! Already doted upon, these guys are primarily therapeutic and add to the farm experience for all, including visitors, take note little goat lovers! So now we have cows, pigs, chickens and goats which feels like a balanced mix! We celebrated the Fourth of July with a rainy canoe/kayak adventure and this week are celebrating the ground breaking for our new apartments. I put out an invitation by email and facebook but here it is again.

Winner of the Lucky Tea Tin

(Random drawing for on-line orders)

Bunch of flowers goes to Troy Riechard our Hiawatha Site host!! Find your flowers in a jar in your porch!.



ARRIVAL TIMES

Arden Hills 7am--9pm
Blaine 11am-9pm
Burns and Mc Donnell 9am -4pm
Cooper 7.15am-9pm
Farm 7am-9pm
Golden Valley Kaltern 10am-9pm
Hiawatha 7am-9pm
Lake Harriet 8.30am-9pm
Lowry Hill 8am-9pm
MWS 7.30-4.30pm
North St Paul 8.30am-9pm
Powderhorn 7.45am
Shoreview 6,30am -9pm
St Paul 6.30am-9pm
Stillwater 7.30am-9pm
St Anthony Park 10.30am
Vadnais 8am- 9pm

If you would like to come celebrate a shovel in the ground and the long-awaited beginning of construction **COME!** It involves pizza, icecream and good company between 5.30 and 7.30pm Wednesday July 10, as in tomorrow! Just RSVP so we know how many to cook for!



Life in "the office"

Peas. To clarify: if you get a bag of what looks like mixed peas, they will be snow and snaps together. They cook the same way and can also all be eaten raw. The shell peas are always in a separate bag. You don't have to "sort" your peas out of the bag one by one!

Wash your Vegetables!



Things you can do online:

Sign in and then check your payment history or make a payment, check the route times, change your site, look up your site hosts contact into.

Check previous box notes by going to www.communityhomestead.org CSA and then box notes.

Vacation: if you are out of town you can do one of two things

- 1.Email to donate your box
- 2.Gift the box it to family/friend to pick up but be sure they know how to do this. You can also change the site for the week for their convenience.

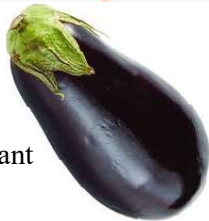
What is in the box?

Our Best guess to what fits and what is ready. We pick so fresh that we don't always know how many or what fits in time for the box note!

Peas for large and medium
Eggplant for medium
Broccoli for large and small
Cippolini
Carrots
Celery
Cucumber
Fennel
Swiss chard
Lettuce-summer crisp
Summer squash (and zucchini)
Potatoes -yukon and red
Tomatoes-just the beginnings!
Parsley
Mint
Dill



swiss chard



eggplant



fennel



parsley



Dill

CSA box potato salad!

This box lends itself to a big bowl of potato salad that you can pull out for days! (lazy cook that I am!)

4 cups of potato, cubed into 3/4 inch pieces

1/2 cup of rough grated carrots

1/2 cup of cippolini, cut very finely

1 cup of cucumber, peeled and cubed

1 cup of peas just left whole

1/4 cup of fennel sliced very small (optional folks!)

1/2 cup of broccoli, small florets

1/4 cup of plain yoghurt

1/4 cup of mayo

2 tablespoons of roughly chopped parsley

2 teaspoons of chopped dill

1 tablespoon of apple cider vinegar

1 tablespoon of lemon juice

1 tablespoon of maple syrup

Salt and pepper to your own taste

1 clove of garlic minced or 1/4 teaspoon powdered garlic.

Cube and cook your potatoes. Start by putting them in cold water in a pot and bring it up to the boil. This is a quick cook process. Test and when soft but still shapely (!), drain and let cool in a bowl.

Add your other vegetables and toss gently to mix

In a separate bowl add your mayo, yoghurt, lemon juice, vinegar, maple syrup, salt and pepper and herbs.

Add to your potato and mix very gently (or you will have mashed potato mix which is tasty but a mess in appearance!) Chill and serve.

Swiss Chard

A relative of spinach and beets, swiss chard is a bit less edgy and gets along with almost everyone. You can eat all of it, including the colorful stem and it is easy to prepare. It's shelf life is a bit short so try to eat it in

the first few days. You can store it by wrapping it in a damp cloth and then into an airtight container. You can also plastic bag it but, you know, plastic, and it does wilt and slime faster in plastic. Don't, however, just plop it naked into your fridge if you want it to last for more than a day or so. High in vitamin C, magnesium and iron. It's a pretty smooth way to get your iron intake.

To prepare:

Rinse the leaves once more. Cut out the stem and put to one side. Chop the stem into little 1/4 inch pieces and cook first for 5 mins, no matter which cooking method you are using. Meanwhile, cut your Swiss Chard into strips and then add them into the cooking mix for another 2-3 minutes. This ensures that all of your chard is evenly cooked.

Fennel

Famously a love or hate it vegetable. Some people wait all year for this delicious little treat while a few drop it immediately into their trade box. If you like anise or licorice, you'll naturally love fennel. If you are on the fence, try to learn to like it because it is soooo good for you! Vitamin C, potassium, magnesium, fiber and iron. And what does that get you? Better heart health, reduces inflammation (so auto immune) helps fight cancer. Good deal. However, be aware that if you love fennel and like to eat it all the time, it can act a bit like estrogen so if you are fighting some hormone sensitive condition like breast cancer look into your intake. Honestly, I don't think we will send you enough for this to be an issue!

Fennel is very versatile, you can slice it thinly and add it to salads or to add a crunch to sandwiches. It accompanies the crunchy but mainly wet,

mild taste of cucumber very well! You can roast it, or grill it, which mutes its sharp tangy edge and leaves you with a more aromatic, sweeter flavor. You can put it in soups or add it to a medley of sauteed vegetables for scrambled eggs, or pasta. Lots of ideas!

To grill fennel

Wash your bulb one more time. Cut the fennel in 1/2 inch slices from root to the top. leavng each slice with a little part of the root to hold the thing together. Brush the fennel with olive oil and sprinkle with sea salt. Cook on a medium hot grill for about 3 minutes a side. Put on a platter and sprinkle with a little parmesan and some black pepper if you wish.

Mint Pea Pasta with Mushrooms

4 tablespoons olive oil

4 tablespoon butter

2 cloves of minced garlic or 1/2 teaspoon garlic powder

2 cipollini onions finely cut

2 cups of mushrooms sliced thinly

3 cups of snap or sugar pea pods

1 pound of rotini type pasta

2 cups of grated parmesan cheese

1 cup of mint leaves finely cut

Salt and pepper to your own taste

Boil your pasta until it is almost cooked (firm but not chewy!) Drain and put into a bowl.

Sautee your onions mushrooms for 4 minutes and then add garlic for 3 more mins, in the oil/butter on a medium heat. Don't burn the butter! It is easy to do. Add the peas and about 1/4 cup of water and cook for about 3-4 minutes until the water is boiled off.

Add this to the pasta and then add all the other ingredients except the cheese. Mix gently. Add in the parmesan. Stir once and serve!